

# Silver #1

**The PTA/PTO must coordinate at least one health-related event per year that involves students, parents, teachers, and school staff.**



**Definition:** The PTA/PTO of your school must coordinate a health-related event that involves the school community and is advertised as a tobacco-free event. The PTA/PTO can help promote a Gold Medal Schools event such as Walk to School Day or can coordinate their own health-related event.

Holding a health fair will not meet this criterion. A health fair is any event where nothing other than information brochures, flyers, etc. are handed out.

**Rationale:** Role modeling is one of the most powerful influences on behavior.<sup>1</sup> Evaluation has found that community participation in school health promotion programs can increase morale, participation in vigorous activity, and improve physical fitness.

Students who have quality time with their parents they are more likely to be accepted by their peers and have a positive attitude towards authority. Students who spend time with parents are also less likely to be involved in violent behavior at school.<sup>2</sup>

1. Health Is Academic. *School-site health promotion for staff*. 1998
2. Adolescence Journal, *Adjustment problems in the family and school context, attitude towards authority, and violent behavior at school in adolescence*. 2007 Vol. 42 Winter

## Resources

School's PTA Health Commissioner or other PTA member

National PTA

[www.pta.org](http://www.pta.org)

Utah PTA Health Page

[www.utahpta.org/health.htm](http://www.utahpta.org/health.htm)

Phoenix Alliance

[www.utahphoenixalliance.org](http://www.utahphoenixalliance.org)

Center for Disease Control

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)



# Assignments

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## **School Coordinator Assignments**

- Determine current school PTA/PTO events
- Determine how events should be modified or changed
- Promote awareness of the criteria among the PTA/PTO members
- Identify PTA/PTO members within your school willing to coordinate activities
- Contact key PTA/PTO members to promote criteria

## **Mentor Assignments**

- Provide memo to PTA president (Can be found in the Mentor Logistics folder)
- Provide school coordinator and PTA representative ideas/resources to support criteria
- Provide school coordinator with promotion ideas
- Assist in promoting criteria to PTA/PTO members
- Attend event
- Make sure the event is tobacco-free
- Write a description for the mid-year and end-year reports

# Silver #1 Ideas

- See Additional #9 Resources for a list of National campaigns
- Walk to School Day
  - Assist with and participate in Walk to School Day. Encourage information of walking school buses. (See Criteria Menu #1)
- Family Fitness Night
  - Sponsor a Family Fitness Night one night a month. Provide games and activities for students and their families
- After-school Physical Activity/Fitness Program
  - Provide structured activities that promote life long physical activity such as walking, biking, swimming, roller blading, hiking, etc.
- Non-food Fundraising
  - Support and promote a policy that encourages organizations to raise funds by selling non-food items. (See Gold #3G)
- Bike Rodeo
  - Hold a Bike Rodeo with a safety course, bike safety check, helmet information and fitting, and “bike driver’s licensees” from State Farm Insurance. Use these one time events to encourage year round participation in wearing bike helmets and bike safety.
- Healthy Cookbook Sale
  - Have students collect healthy recipes and physical activity tips to publish in a school cookbook and sell to the community. Use the money to purchase exercise equipment.
- Physical Activity School Carnival
  - This activity helps raise funds and can be fun for everyone. A variety of booths, activities, and food selections could be provided by members of the community. Contact organizations in your community to donate and contribute to the carnival. Most outdoor games involve physical activity such as basketball shoot out, baseball toss, ring toss, and mini golf.
- Truth From Youth Anti-Tobacco Advertising Contest
  - Assist school in implementing the Truth from Youth Advertising Contest, an anti-tobacco advertising contest for all grades. A great way to involve large numbers of students to reinforce the tobacco prevention messages they receive in the classroom. (See Criteria Menu #5)
- School Walk for Diabetes
  - Assist school in holding a School Walk for Diabetes. Help find business for donations. (See Criteria Menu #4)
- Work with community agencies such as the American Cancer Society, American Lung Association, American Heart Association, local health departments, and/or the state Tobacco Prevention and Control Program to provide tobacco prevention techniques and cessation support to parents and families.

## **Have a Health Project Day**

### **How it works:**

Have students submit projects (posters, reports, experiments, etc.) related to nutrition, diet, and/or exercise. Set up a display of all projects in the cafeteria/gymnasium one evening and invite students and parents to come. Those students with projects in the fair would have a table where they could explain their information to those in attendance. Invite local grocers or health food agencies to bring displays also. Check to see if any of the students have parents that work in the health field and would be willing to help. If possible, get healthy refreshments donated for the evening. Have the principal kick off the evening with a short speech about celebrating National Nutrition Month and the importance of being healthy. National Nutrition Month is a nutrition education and information campaign sponsored annually by the American Dietetic Association in March. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. For more information on National Nutrition Month visit <http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/index.html>

### **Preparation:**

PTA would need to organize volunteers and pick a day for the event well in advance (preferably early enough to be on the school calendar). Teachers should assign/determine topics for students to base projects on 2-3 months in advance and set schedule for portions of projects to be turned in. Set up would need to take place directly following school the day the event is scheduled. Ideas for coordinating this project with other classroom subjects are:

### **Math**

Projects could include

Label Reading

[http://kidshealth.org/kid/stay\\_healthy/food/labels.html](http://kidshealth.org/kid/stay_healthy/food/labels.html)

<http://www.diabetes.org/nutrition-and-recipes/nutrition/foodlabel.jsp>

Calorie Calculations

[http://kidshealth.org/kid/stay\\_healthy/food/labels.html](http://kidshealth.org/kid/stay_healthy/food/labels.html)

Cost Comparison

Compare the cost of making an item from scratch with all the ingredients purchased separately versus buying pre-packaged convenience foods.

### **Geography**

Have student do research on any of the following:

Local Produce <http://ag.utah.gov/>

Regional and International Eating Trends

For more information visit [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

### **English**

Have students write stories or poetry about:

- Healthy eating
- Fruits & Veggies—More Matters®
- Exercise
- Getting Enough Sleep

### **Art**

Projects could include:

Food Models, with portion sizes

Serving size information

<http://www.fruitsandveggiesmatter.gov/what/index.html>

[http://www.dole5aday.com/Kids/Facts/K\\_ServingSizes.jsp](http://www.dole5aday.com/Kids/Facts/K_ServingSizes.jsp)

3-D Food Guide Pyramids

[http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

## **Science**

Projects could include:

Vitamin/Mineral Reports

Fruit and Vegetable Encyclopedia

[http://kidshealth.org/kid/stay\\_healthy/food/minerals.html](http://kidshealth.org/kid/stay_healthy/food/minerals.html)

[http://kidshealth.org/kid/stay\\_healthy/food/vitamin.html](http://kidshealth.org/kid/stay_healthy/food/vitamin.html)

Diet, Exercise, and Chronic Disease Reports

[www.cdc.gov](http://www.cdc.gov)

[http://kidshealth.org/kid/stay\\_healthy/index.html](http://kidshealth.org/kid/stay_healthy/index.html)

Effects of Stress on Body

[http://www.bam.gov/sub\\_yourlife/yourlife\\_gotbutterflies.html](http://www.bam.gov/sub_yourlife/yourlife_gotbutterflies.html)

Food Safety

[http://kidshealth.org/kid/stay\\_healthy/index.html](http://kidshealth.org/kid/stay_healthy/index.html)

<http://www.fightbac.org>

## **Music**

Have students write a song about:

- Healthy eating
- Fruits & Veggies—More Matters
- Exercise
- Getting Enough Sleep



# PTA Health Event Template

A description must include specific details describing how the school completed the criteria. If you are writing a description for criteria that the school achieved in previous years please include a description of what the school is doing **this year** to maintain that level not what they did in previous years.

A Gold Medal Schools description does not require an Intent, Rationale, Reinforcement or the principal's signature. Use this template to write your description (all information is required).

A sample description for this criterion is provided on the next page.

## The description must include...

- ☐ A description of the event. Give specifics about the activity
- ☐ A description of the PTA's involvement



# PTA Health Event Description

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The PTA of Green Meadow Elementary sponsored Walk Your Child to School Day on Wednesday, October 3. The PTA organized the event and sent flyers to parents encouraging them to walk to school with their students. They also provided information about forming a walking school bus.

On October 3 approximately 500 students walked to school. When they arrived at the school all walking students were given stickers to show their participation.